



# Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

## Program Name Nutrition for Living Program

### Contact Information

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### Program Information

<b>Type of Program</b> Health Care
<b>Year Coalition was Formed</b> Have had a weight management program in some form since 1979
<b>Primary program focus</b> Both Physical Activity & Nutrition
<b>Region</b> Western
<b>County</b> Chippewa
<b>Coalition Web Site Address</b>

### Program Information

<b>Represented Groups on Coalition</b> Health Care	<b>Represented Professions on Coalition</b> Dietitian Physical Therapist
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A Wisconsin Nutrition and Physical Activity Program



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## Intervention Name Nutrition for Living Program

### Intervention Information

<b>Type of Intervention:</b> Physical Activity & Nutrition Event
<b>Focus Area:</b> General Physical Activity & Nutrition
<b>Intervention Site or Setting:</b> Health Care
<b>Scope of Intervention:</b> County
<b>Target Audience:</b> All races and genders Ages 20-39, 40-59, 60-74, 75 +
<b>Total Population in Area Served:</b> Approximately 20,000 adults with overweight or obesity (using approx 50% of adult population)
<b>Number of Participants:</b> Program is offered annually (more often if waiting list) with a total of 15 participants
<b>Implementation Status:</b> Ongoing

<b>Partners:</b>
<b>Unique Funding:</b>
<b>Evaluation:</b> Health Indicator & Observation – Monthly Impact on Knowledge, Attitudes & Behavior – Survey Once
<b>Evidence-Based or Best Practice based on</b> American Dietetic Association certificate of training in adult weight management

### Products Developed or Materials Used:

Based on the LEARN manual authored by Kelly Brownell. Supplemented by other materials-information from American Heart Association, National Cancer Institute recommendations, National Cholesterol Education program etc.

### Intervention Description:

10 week program (in the process of trying to determine whether the time frame should be adjusted.) Participants meet weekly with facilitators of program (dietitians, diet techs, physical therapists). Each week allows for group discussion and class presentation. Participants are assisted with developing appropriate goals. Participants are encouraged to keep food and physical activity diaries.